

# ELM Morro

Vol. 49 Issue 7

August 2014

## Back to School!



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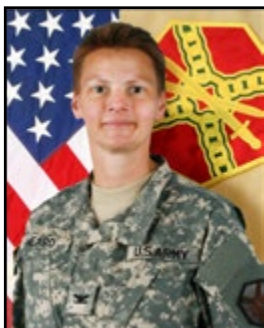
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## From The Garrison Leadership From the Garrison Commander



In a world that is constantly changing, we all have a mission, whether it is in a professional or personal in nature. Alongside that we have a vision, values and traits that guide us into a goal. Fort Buchanan is no different.

The Army Community of Excellence (ACOE) has effectively developed a roadmap specifically for Fort Buchanan to support our strategic imperatives: Customers.

Our Mission "is to provide standardized services and sustainable infrastructure in support of the armed forces and the diverse fort Buchanan community.

Our vision, "it's all about the customer"- to be an extraordinary installation unified towards one goal, "Customer Satisfaction".

Aligned with IMCOM, they are clear, concise, meaningful, measurable, and actionable.

Are we setting the bar high? Yes, we are! But Fort Buchanan has a diverse workforce that is innovative, and accepts change as new possibilities arise. I have no doubt that together we can be the best installation there is.

I encourage everyone to recommit to Fort Buchanan by reaffirming and instilling Army Values, by committing to the enhancement of traits such as visionary leadership, customer service, and personal learning. Foremost, I challenge each of you to be the first to set the example by embracing our mission and vision. This is how we will sustain it! Deliver extraordinary services! Create unforgettable experiences! Listen to the voice of our customer! Let us not forget personal responsibility and commitment belongs to everyone. It is up to each one of us to make an impact. Just by saying, "Thank you for your service!" makes a difference.

## From the Garrison Command Sergeant Major



In August we commemorate the Women's Equality Day. This day marks a turning point in history when women in the United States were granted the right to vote when the 19th Amendment to the Constitution was certified as law on 26 August 1920.

History portrays the struggles for equal treatment that women have faced and what they are capable to achieve when the opportunity is given to them. Women like Rosa Parks, Angela Davis and Eleanor Roosevelt who fought for civil rights and equality as well as Janet

Yellen, who made history as the US Senate confirmed her to be the first woman to lead the Federal Reserve in its 100 years history.

Women started serving in the Armed Forces since the 70's. For more than 40 years they have successfully integrated themselves in all branches of service. Over the past twelve years we have seen how they engaged in enemy combat, and provided the resources necessary to fulfill their unit's mission while serving in myriad positions. In the past years they have been assigned to leadership positions in combat arms units, organizations that were characteristically dominated by men. They have broken all the boundaries and stereotypes. They have achieved the highest ranks in all services and been selected to serve in some of the most trusted positions.

We, in the Fort Buchanan community, are honored to have some of the most impressive women in our workforce. Their tireless dedication to our community is a firm testament of their commitment to excellence. I will encourage you to praise all women for their accomplishments. God Bless You All.

# “IMCOM is Dooah, Not Just Hooah”

**Amanda S. Rodríguez**

*U.S. Army Installation Management Command*

Lt. Gen. David Halverson, Assistant Chief of Staff for Installation Management and commanding general of U.S. Army Installation Management Command, introduced IMCOM's new mission and vision and stressed the importance of trust and teamwork during his first town hall with IMCOM headquarters staff.

Halverson, who took command April 8, recognized employees, shared his thoughts on leadership and discussed IMCOM's mission and vision.

Today, more than ever, IMCOM's mission is vital, Halverson reminded the audience.

“We are a nation at

war,” Halverson said. “Our Soldiers are in harm's way, with suffering and casualties daily. It's a tough life and not for everyone. It's a most rewarding life -- serving -- but full of challenges. We have to be mindful of that in taking care of Soldiers and their Families.”

The Army faces increasingly complex challenges, such as unseen global conflict in the face of tight finances and force reduction, according to Halverson.

IMCOM is subjected to the same, said the general, and the revised mission and vision statements reflect the need for innovation and leadership at every level.

The new vision statement reads Innovative professionals committed to effectively delivering ex-

traordinary services and facilities for our premier Army.

“IMCOM is ‘dooah,’ not just hooah,” Halverson told the team. It's about what we do - “not just words,” he said. “I expect every one of my people to be a leader developer himself. Leader development will be an area of emphasis. As such, education, training and broadened development are important. I want to make sure we all have time to talk, to discuss, to listen, empower and most importantly offer solutions.

We have to have new ideas and partnerships to solve today's complex challenges and keep up with changing times,” he said.

The Army is all about readiness, said Halverson, introducing the revised mis-

sion statement: IMCOM delivers and integrates base support to enable readiness for a self-reliant and globally responsive all volunteer Army.

Positive attitude and trust will help bring the team together, Halverson said. Leadership, innovation, partnerships and high standards of service will help IMCOM provide the right services to Soldiers today and in the years to come, he said.

“We need to continue to build ... trust - between ourselves, Soldiers and their Families, the workers here -- and that is through actions, not just words,” Halverson said.

Command Sgt. Major Jeffrey Hartless continued the teamwork theme. “Thank you for what you do,” Hartless said. “We are the only command that touches every single Soldier and every family every day.”

Halverson and Hartless awarded employees for their time in service, including Mr. Thomas Bennett, who received a 50-year service pin.

Recognizing their efforts tied into the topic of IMCOM's mission.

“Our country is only 239 years old and we have a combined total (years of experience) on stage of even more than that,” Halverson said. “There's no greater honor than taking care of Soldiers. That's something to believe in. We are here in service to our country and to the Army.”



*Commanding General, Lt. Gen. David Halverson, U.S. Army Installation Management Command, shares his vision and talks leadership with the IMCOM team during his first town hall meeting June 9, 2014. Courtesy of JBSA Visual Information*



# PR CASA Inducted Into QM Hall of Fame

**Grissel Rosa**

*Public Affairs Officer*

On June 6, 2014, Maj. Gen. (Ret.) Félix A. Santoni, Civilian Aide to the Secretary of the Army (CASA) for Puerto Rico, was inducted into the 2014 U.S. Army Quartermaster Corps Hall of Fame at Fort Lee, Virginia. The action that culminated in this recognition started in March 2014 when former Quartermaster General, Maj. Gen. Eugene Stillions recommended Santoni's nomination.

On April 4, 2014, Maj. Gen. Santoni received a letter from Brig. Gen. John E. O'Neil IV, U.S. Army 52nd Quartermaster General congratulating him for being selected "for a long overdue induction into the Quartermasters Hall of Fame. We are truly grateful for your lasting contributions, outstanding leadership, and unwavering dedication to the Quartermaster Corps."

As a passionate advocate for Hispanic officers in the U.S. Army, Santoni indicated that "the recognition was extremely important for me because it serves as an example for others and a sense of pride for serving our country. It is a motivation for others to say 'If he got there, I can also achieve it.'" He emphasized that "this also means recognition to the Hispanic general officers."

Puerto Rico's CASA, who was part of the distinguished group of 32 inductees into the 2014 Quartermasters Hall of Fame, stated that going back to

Fort Lee was very special because this is where "I started my military career, and added, "we assure all of those present that this tribute will not be forgotten and, that as we started our career here, it is a distinct honor to end it here by receiving this recognition which will stimulate us to continue to serve our country, through our Army, our Corps and our Soldiers."





# Legal Ethics



## Cardholder Supervisor Convicted for Credit Card Abuse

The supervisor of four IMPAC cardholders was convicted for misusing Government credit cards. The supervisor used the credit card numbers of his four subordinates, none of whom were suspected of any wrongdoing, to make multiple purchases from a local auto parts store and a military surplus store. The supervisor then proceeded to resell most of the products at his bar. Some of the items purchased included gas grills, truck parts, and automobile tires. The supervisor convinced the managers of the auto parts store and the military surplus store to alter the credit card invoices to list what would appear to be official military supplies, instead of listing the actual goods purchased. The evidence indicates that the DoD supervisor defrauded the Government to the tune of \$200,000.

The employee pled guilty to violating 18 U.S.C. 287, for submitting false and fraudulent claims, and 18 U.S.C. 208, for approving the fraudulent purchases. He was sentenced to ten months in prison.

William G. Latimer  
Attorney-Advisor

If you need legal advice on ethics principles applicable to federal employees, and you are a federal civilian employee of the U.S. Army working at Fort Buchanan, please feel free to call the Installation Legal Office at 787-707-5163.

# Chaplain's Corner

Thursday, September 11, 2014 marks 13 years since terrorists flew commercial passenger planes into the World Trade Center Towers in New York and the Pentagon while a fourth hijacked airliner crashed in a field near Shanksville, Pennsylvania.

The loss of life was catastrophic with nearly 3,000 people killed, including emergency personnel and rescue workers who sought to save those trapped by fire and debris. The victims included persons from 90 different countries. The devastation wreaked havoc on New York City and Washington, DC with billions of dollars in property laid waste while the world's economy took a beating, and commercial flights worldwide were cancelled. But even more, America had been attacked, and the illusion that the powerful United States was invulnerable dissolved.

There was a brief moment - in that silence as the ruins smoldered, workers dug in hopes of finding survivors, and skies bereft of aircraft - when the world became one. In a sign of unity, British Prime Minister Tony Blair attended a joint session of Congress, the French newspaper, *Le Monde*, headlined "We are all Americans," and the German chancellor proclaimed that this attack was an attack on the civilized world. In a national address on 20 September of that year, President Bush himself stated,

"On behalf of the American people, I thank the world for its outpouring of support. America will never forget the sounds of our national anthem playing at Buckingham Palace, on the streets of Paris, and at Berlin's Brandenburg Gate. We will not forget South Korean children gathering to pray outside our Embassy in Seoul, or the prayers of sympathy offered at a mosque in Cairo. We will not forget moments of silence and days of mourning in Australia and Africa and Latin America."

Governments across the Middle East condemned the attacks while Russia and China stood for that brief time in solidarity with America.

The events that followed took us in our own direction. In our efforts to destroy the terrorists we attacked the Taliban in Afghanistan. Later, concerned that we or our allies might be attacked with weapons of mass destruction, we invaded Iraq.

But a big part of our commemoration of the events of 9/11 is to remember that we are citizens of the world. An attack on one was truly an attack on all. And this event was not only a national tragedy-it changed our world. And as with any crisis it can make things better or worse, but things cannot remain the same.

Our hope is that out of our suffering, good will come. Through our pain we can embrace others. We pray that our efforts will bring peace with justice to the far corners of the world as well as in our own streets.

Join us in the chapel on 9/11/2014 as we mark the thirteenth anniversary of the event which shook the world and changed America forever.

Chaplain Crawford



# RAHC New Commander

**José L. López**  
Public Affairs Office

The Rodríguez Army Health Clinic (RAHC) held its Change of Command on 27 June 2014 at its facilities. Col. John Lamoureux, Commander, Eisenhower Army Medical Center, Fort Gordon, participated as Senior Officer in this event. "The Eisenhower Army Medical Center looks out for the RAHC. We continue to try to improve our presence here to make up for the growth that seems to be happening in Fort Buchanan. This clinic has done so much with so little. Col. Hemingway has done a phenomenal job during the last two years. She has done so much to meet the challenges for the future and the day to day missions in the present." said Lamoureux.

Outgoing Commander Col. Angeline Hemingway expressed her gratitude to all who made her tenure a pleasant experience. "I've made tremendous amount of friends in Puerto Rico. The RAHC has been my family while I have been here the last two years. I feel sad leaving the clinic but at the same time I am encouraged because we have worked together to provide outstanding services for Soldiers and beneficiaries." Hemingway also mentioned her appreciation for the support received from the Garrison Command Group.

Col. John Lamoureux introduced RAHC's Incoming Commander Lt. Col. David Lee Sloniker by saying that "His reputation and experience precedes him. He is a dedicated medical professional who is considered one of the most diverse commanders we have right now. I think he is the right person to take all Col. Hemingway has

started and take it to the next level."

Lt. Col. Sloniker mentioned this is not his first time working in a different culture. "I have been assigned to Korea and have had two tours in the Middle East. This is my first experience in the Caribbean as well as my first trip to Puerto Rico. So far the experience has been very pleasant and everyone I have met has been extremely friendly. One of the benefits of working as a Servicemember is being exposed to different cultures which brings understanding in diversity and I believe this is important in every mission." he said.

Sloniker said his command philosophy is simple: "We are here to support our patients. Our job is to revive the patient centered quality health care to anyone who walks through our doors." To his staff, his message is "Say 'Thank you'. Each customer experience is unique. We need to remember the reason why we serve today in the capacities that we do, which is to see that those patients have a great customer experience."

After concluding the ceremony, Col. Hemingway received good-byes and thanks from members of the Fort Buchanan community and staff. Meanwhile Lt. Col. Sloniker was greeted by attendants to the event.



*Col. Angeline Hemingway passes the unit's colors to Col. John Lamoureux, Commander Eisenhower Army Medical Center, culminating her tenure during RAHC's Change of Command held on 27 June 2014.*  
José L. López/PAO



*Rodriguez Army Health Clinic (RAHC) Incoming Commander, Lt. Col. Sloniker, assumes command upon receiving the unit colors from Col. John Lamoureux, Commander Eisenhower Army Medical Center, during RAHC's Change of Command on 27 June 2014.*  
José L. López/PAO



*Rodriguez Army Health Clinic (RAHC) Commander Lt. Col. David Lee Sloniker addresses the community and staff during the Change of Command on 27 June 2014.*  
José L. López/PAO



# Coast Guard Gets New Leadership

**Ricardo Castrodad**

*Sector San Juan Public Affairs*

SAN JUAN, Puerto Rico - Coast Guard Sector San Juan received a new commander for Coast Guard forces in Puerto Rico and the U.S. Virgin Islands, following a change of command ceremony Tuesday at the Coast Guard base in Old San Juan, Puerto Rico.

Rear Adm. Jake H. Korn, Commander of the Coast Guard's Seventh District, presided over the ceremony in which Capt. Robert W. Warren assumed command of Sector San Juan. Meanwhile, Capt. Drew W. Pearson, Sector San Juan's outgoing commander, retired from the Coast Guard after completing 30 years of faithful and honorable service to the Nation.

Prior to assuming command of Sector San Juan, Captain Warren completed a tour at the Joint Chiefs of Staff's Strategic Plans and Policy Directorate in the Pentagon, where he supported and represented the Chairman on Maritime Homeland Defense strategy and policy issues.

"I am truly honored to have been selected to lead and serve alongside U.S. Coast Guard forces in Puerto Rico and the U.S. Virgin Islands," said Capt. Robert W. Warren, Sector San Juan commander. "I look forward to working with the men and women of Sector San Juan and with our partners from local and federal law enforcement, emergency response agencies, and maritime industry to further strengthen maritime safety and security in the region. I am excited to be back in the Caribbean with my family, where we look forward to sharing once more in the rich culture of Puerto Rico and the U.S. Virgin Islands."

Capt. Pearson is now moving to North Carolina, where he will assume responsibilities as the new Director for Emergency Management for Dare County.

"It was a true honor to lead the Coast Guardsmen of Sector San Juan for the past three years as we worked

to foster and grow our invaluable relationships with our regional law enforcement and emergency response partners, the maritime industry, and supporters of the Coast Guard mission that have made Puerto Rico and the U.S. Virgin Islands a safer place," said Capt. Drew W. Pearson, U.S. Coast Guard retired. "I can't think of a better and more beautiful place to culminate a wonderful 30-year career. Alongside our Active Duty, Reserve, Civilian, and Auxiliary workforce it has been a true honor and privilege to serve the citizens of Puerto Rico and the U.S. Virgin Islands; protecting them from the sea, from threats delivered by the sea, while also protecting the sea itself. Much work remains to be done, however, and there is no one better than the Coast Guard and our partners to answer the call. God Speed!"

Capt. Pearson was awarded the Legion of Merit for his performance upon completing his three-year tour as Commander of Sector San Juan. The award recognized Coast Guard Sector San Juan's law enforcement efforts with other Department of Homeland Security agencies in Puerto Rico and the Puerto Rico Police under Operation Caribbean Guard. This operation effectively countered the extensive increase in drug ventures into Puerto Rico and the U.S. Virgin Islands through the interdiction and seizure of approximately 25,714 kilograms of drug contraband, 972 weapons and \$15.2 million dollars.

During Pearson's command, Coast Guard Sector San Juan interacted with Governments of 18 island nations enabled seamless teamwork during 200 Search and Rescue Cases, saving 170 lives, assisting 3,600 mariners and salvaging \$41 million dollars in property. Sector San Juan also established a Unified Command comprised of 12 Federal and Puerto Rico Environmental Protection Agencies and three pollution response companies during the 121-day, \$15 million dollar removal and pollution mitigation effort of the 202-foot cargo vessel Jireh from the Mona Island Natural Reserve.

Sector San Juan, headquartered in La Puntilla, Old San Juan, covers a 1.3 million square mile region that encompasses 18 countries in the eastern Caribbean. Sector San Juan comprises six shore units including Air Station Borinquen, Aguadilla, one of three major air stations in the Coast Guard's Seventh District, and two of the busiest ports in the nation, with more than three million visitors per year.

The Coast Guard is the nation's lead federal agency for Maritime Homeland Security, and is charged with reducing terrorism-related risk in the maritime domain. The Coast Guard carries out this awesome responsibility by working with other federal, state and local law enforcement partners to verify compliance with all federal statutes and regulations in both the port area as well as on vessels at sea.





# 1st MSC Soldiers Fight It Out to Be AR's Best Warrior

Sgt. 1st Class Lymari Sánchez  
Public Affairs, 1st MSC

*Courtesy, 1st MSC Public Affairs*

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. – “It was an intense week, but a great experience that made me grow as a Soldier”, said Sgt. Julio Lopez Cintrón, a unit supply specialist with the 393rd Headquarters and Headquarters Company, Combat Sustainment Support Battalion, 1st Mission Support Command, U.S. Army Reserve in Puerto Rico.

However, Sgt. Lopez was not the only representation from Puerto Rico. Sgt. Adalberto Reyes Ortiz, a military policeman and team leader with the 301st Military Police Company, also competed in the 2014 U.S. Army Reserve Best Warrior Competition at Joint Base McGuire-Dix-Lakehurst, New Jersey.

“When I came from Basic, I saw an article in Warrior-Citizen about Best Warrior in 2012 and I said, ‘I want that. I want to go there. I want to do that,’” said Reyes, a young Sol-

dier that wanted to compete in the USAR Best Warrior Competition for years.

For Sgt. Lopez it was a different story. His father retired as a major after 20 years in the Army, and as a proud son, Lopez plans to follow his steps. “I am a high-speed Soldier who likes extreme challenges,” said Lopez. He left his heart at the competi-

tion and a great example of it was completing the 2 mile run in under 13 minutes with the Army Combat Uniform.

The multi-day event consisted of various Soldier tasks and battle drills, including an 8-mile ruck march, Army Physical Fitness Test, rifle marksmanship, land navigation, and several mystery events.

Both soldiers return to Puerto Rico proud of the achievements made during the strongest competition in the Army Reserve. “Now is time to start training again for next year. I will do it all over again,” said Reyes. Lopez decides to help other Soldiers in his unit and participate in the future as a sponsor.



*Courtesy, 1st MSC Public Affairs*



# DDESS New Assistant Superintendent

**Grissel Rosa**

*Public Affairs Officer*

Dr. Donato Cuadrado, was appointed Assistant Superintendent for New York/Virginia and Puerto Rico District by the Department of Defense Education Activity in May 19, 2014. Prior to this appointment, Cuadrado was Principal at Ramey School since 2010. An educator for 28 years, 21 with DoDEA, Cuadrado taught grades first through twelve at the former Roosevelt Roads Middle/High School, Ramey School and the Fort Buchanan schools.

One of the assets he brings to is "a clear vision of providing each of our students an education of excellence. Every DoDEA student that comes through the Ft. Buchanan gates is entitled to an excellent education. I take this responsibility very seriously. I lead by example and believe in old fashion values like honesty, integrity, hard

work, fidelity and loyalty. I recognize how blessed I am every day in being able to serve the children of our military and federal employees, who place themselves at harms way so that we can enjoy the benefits of freedom.

Dr. Cuadrado sees change as "one of the most predictable aspects of the 21st Century that we will continue to face." His philosophy is "I embrace change and expect all our Ft. Buchanan DoDEA employees to do the same and prepare our students for a rapidly changing society. Society changes constantly and so must education."

"Parents are an essential partner in student success," Dr. Cuadrado says. They can be partners with the teachers to help students be successful "by creating a learning environment at home, setting study time every day, frequently communicating with their child's teacher, attending school activities



and becoming partners in education as school volunteers.

His message to the teachers and administrators is: "Our mission is to provide each child a world class education. Being an educator is a noble profession. Being a DoDEA educator is an extraordinary opportunity. It provides us all the opportunity to serve our country by educating the children of our soldiers and law enforcement agents. It is an enormous responsibility, one that we are proud of fulfilling."

## Antilles Elementary School



*Ms. Lydia Blazquez*

We are pleased to have you as our partners in education this school year. As the year progresses, and as you become more informed about our services, we encourage you to feel free to contact us with your questions or concerns. You will also find information about our school in the school's website. Remember that working together you can make a difference at Antilles Elementary.

## Antilles Middle School



*Dr. Andrea McClain*

We hope our students are looking forward to a powerful year of learning and friendship. We've been busy this summer getting everything ready for a great year! At Antilles Middle School, we are committed to providing students with enriching, meaningful academic experiences that will help prepare them for lifelong success. As the new principal, I am excited to meet each and every one of our students and parents. See you soon!

## Antilles High School



*Dr. Thomas Whittle*

I want to officially welcome all of you to the 2014-2015 School Year! Summer has come and gone and now it is time to continue with the excellent traditions of Antilles High School, as well as to introduce exciting new programs. Our dedicated staff has been working hard to ensure a successful start of school on Wednesday, August 6, 2014. Please introduce yourself in the days and weeks ahead.



# Back to School

# Safety



**Alfredo Nogueras**  
*Installation Safety Officer*

## School Bus Safety

School bus transportation is safe. In fact, buses are safer than cars! More often than not, injuries don't occur in a crash, but rather as children enter and exit the bus.

- Have a safe place to wait for your bus, away from traffic and the street.

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.

- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.

- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and book bags with straps don't get caught in the handrails or doors.

- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus. Never walk behind the bus.

- If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.

- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!



## Backpacks

Textbooks, notebooks, lunch, toys... how much weight is your child toting back and forth each day? Take the load off your child by following these backpack safety tips.

- Choose a backpack with wide, padded shoulder straps and a padded back.

- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.

- Always use both shoulder straps. Slung a backpack over one shoulder can strain muscles.

- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in rough surfaces.

## Safety Tips for Drivers

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.

- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.

- Slow down. Watch for children walking in the street, especially if there are no sidewalks in neighborhood.

- Slow down. Watch for children playing and congregating near bus stops.

- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.

- Learn and obey the school bus "flashing signal light system" use to alert motorists of pending actions:

- Yellow flashing lights indicate that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.

- Red flashing lights and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.



DEPARTMENT OF DEFENSE  
Domestic Dependent Elementary and Secondary Schools (DDESS)  
PUERTO RICO DISTRICT  
Child Nutrition Services Office

The Child Nutrition Services of Antilles Consolidated Schools (AES, AMS, AHS, and Ramey School) announces to the community that is sponsoring the Food and Nutrition Services. We offer the services of breakfast and lunch to all students enrolled in our institution beginning on August 06, 2014 under the supervision of the Independent School Food Authority of the Department of Education of Puerto Rico.

The Child Nutrition Services of Antilles Consolidated Schools is prohibited from discriminating against race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the U.S. Department of Agriculture.

If you wish to file a Civil Rights Program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. Send your completed complaint form or letter to USDA by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

OR

Child Nutrition Services Office  
566 Columbus Street  
Fort Buchanan, PR 00934  
Tel. (787) 707-2774, 2764, 2765, 2768

Notes:

- Free & Reduced Application will be accepted beginning July 1, 2014
- Please ensure you attach your most current Leave & Earning Statement
- All Students already in the program must complete an application before September 17, 2014





# Prepare Your Child For Preschool

**Daphne Narváez**

*Early Childhood Intervention Specialist,  
EDIS*

Starting preschool is one of the many exciting milestones of childhood. However, it can also be a stressful time for both children and parents, especially if it is your child's first time going to school. However, if you take some steps to prepare yourself and your child for this new experience, you can ease some of the anxiety you both may have about starting preschool. Here are some ways to help your child learn some important preschool skills:

## **Follow simple directions and obey**

In preschool, children go from one activity to another. The teacher will ask your child to follow simple instructions as they move through the day (like "sit in a circle" or "put the blocks away"). TO HELP, practice at home. Make a game out of it, like, "Put your toys in the box, then clap." Say, "Yay, you did it!" Also play "Simon Says." At school, kids will usually follow directions when they see their classmates doing the same thing - and when it is not a parent asking.

## **Take turns and cooperates**

Preschoolers are still learning social skills. In a classroom, your little one will be expected to play nicely with others for a period of time. TO HELP, provide your child with plenty of practice at home. Have your child share with you

or with siblings. Take turns when playing a game, (say, "Your turn!" - "My turn!"). Emphasize games and activities around your daily routines that encourage working as a team. Set up more play dates.

## **Handle separation anxiety**

If your little one freaks out when you leave, work on this problem at home. TO HELP, schedule some trial separations. Leave your child with a trusted adult. At the start, leave for only 15 minutes, then maybe a trip to the grocery store. Work your way up to a few hours. The first day at preschool, remember that your child is facing - and managing - a big change in his/her life. Your child may need more support, nurturing, and patience from you while he/

she makes this transition.

## **Do things for himself / herself**

For instance, can your little one eat lunch by himself/herself, handle zippers/buttons or wash his hands by himself/herself? TO HELP, practice these skills with your child, and then use LOTS of praise. For more practice with "fine motor skills", make sure your child has plenty of paper and crayons to scribble with. Make a game out of practicing self-help skills like having a "race" with your child to see how quickly he can put his backpack on. Have a "picnic", pack up a sample of what he/she will have for snack and/or lunch at preschool. This will give your child the chance to practice unzipping the lunch box, opening zip lock bags, and

unwrapping the sandwich - important skills for the first day.

## **Handle a routine**

Preschools usually run like clockwork on a regular routine. For example: arrival time, circle time, play time, snack time, story time, and outdoor time. TO HELP, make sure your little ones are on a routine at your own home. Children need to know what's next and what is happening. Make a simple schedule that works for both of you. Routines help children feel safe and feel in control.

Use these tips as a guide. They are not absolute. Readiness really depends on the overall development of your child.

Information taken from: Noodle Soup "Ten ways to prepare your child for preschool". 2013

[www.zerotothree.org](http://www.zerotothree.org)  
[www.parents.com](http://www.parents.com)

If you have concerns regarding your toddler's development and your child is: \*entitled to DDESS (Department of Defense Schools), dependent of an Active Duty military or Coast Guard member, or lives in a military installation or housing area, call the Fort Buchanan Rodriguez Army Health Clinic early intervention program: Educational and Developmental Intervention Services (EDIS), to request services for your child. We are located on 1140 & 1141 Chrisman Road, telephone: (787) 707-2165. For more information on EDIS access [www.edis.army.mil](http://www.edis.army.mil).



# Protect Yourself From Chikungunya

## Public Affairs Office

U.S. Army Public Health Command

A virus called “chikungunya” carried by mosquitoes that are common in the continental United States is likely to appear in locations where Soldiers, Army civilians and their families work and live.

The virus, transmitted by the bite of an infected mosquito, causes high fever and joint pain, public health experts at the U.S. Army Public Health Command said. Symptoms also can include headache, muscle pain, joint swelling and rash, according to the U.S. Centers for Disease Control and Prevention.

Symptoms can last three to seven days, even up to two weeks. In some people, the joint pain may persist for months, according to USAPHC physician-epidemiologist Lt. Col. Laura Pacha.

As of 15 July, the CDC reported approximately 234 travel-related cases in the U.S., most brought in by travelers to the Caribbean, where the disease appeared for the first time this year. Outbreaks of the disease previously occurred in countries in Africa, Asia and Europe. Two cases of locally-acquired chikungunya were recently reported in Florida, the first in the continental United States.

“Due to the similar symptoms, chikungunya could be easily confused with dengue fever or even malaria,” Pacha said. “If you experience these symptoms, whether you have travelled or not, be sure to go to your doctor and

get your illness properly diagnosed.”

## Treatment

There is no vaccination or medicine to cure chikungunya; treatments such as rest, fluids and non-steroidal anti-inflammatory medicines help alleviate symptoms until the disease goes away, usually in a week or two, Pacha said.

## Prevention

USAPHC experts say the best form of prevention is to avoid mosquito bites altogether.

“Always apply DEET or picaridin repellent on exposed skin, Pacha said. “If you go on leave, especially to one of the places where chikungunya is found, treat your clothing with permethrin using an aerosol can or IDA kit (Individual Dynamic Absorption Kit for uniforms).” The IDA kit is only authorized for use on military uniforms not civilian clothing.

Since the kinds of mosquitoes that carry the diseases can bite during the day as well as at dawn and dusk, USAPHC experts suggest wearing loose, light-colored clothing--long-sleeved shirts and long pants, and permethrin-treated clothing. For Soldiers wearing the permethrin-treated Army combat uniform, wearing the uniform properly is also important. This means wearing sleeves rolled down, all openings closed, pants tucked into boots, and undershirts tucked into pants. Loose uniforms are also a good idea, since mosquitoes

can bite through fabric that is tight against skin.

In addition to protecting your body, USAPHC experts recommend carrying the fight against chikungunya to the places where mosquitoes live and breed.

Entomologists at the USAPHC advise staying in air-conditioning and ensuring that window screens are in place, tight and without holes. If sleeping outdoors, permethrin-treated mosquito netting should be used. Around the house, standing pools of water in tires, buckets, trash cans and the like should be emptied--the mos-

quitoes that carry chikungunya breed in water.

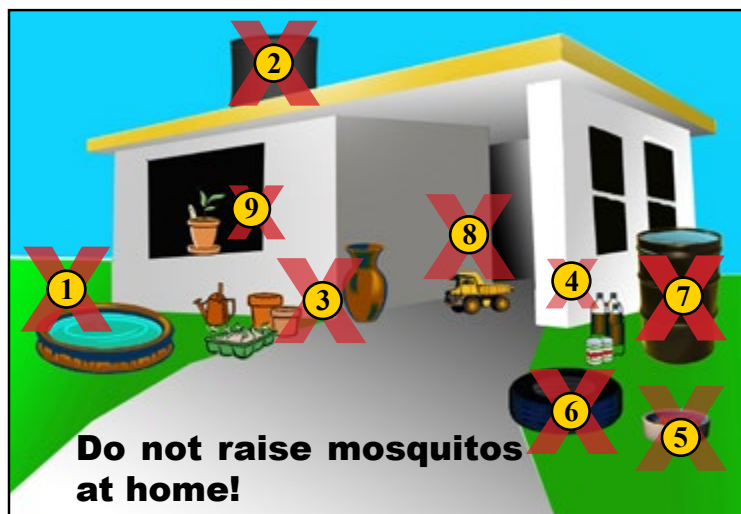
More information on protecting yourself and your home from chikungunya and on the Department of Defense Insect Repellent System is available from these sources:

U.S. Army Public Health Command

[http://phc.amedd.army.mil/PHCResourceLibrary/Chikungunya\\_FS\\_18-029-0714.pdf](http://phc.amedd.army.mil/PHCResourceLibrary/Chikungunya_FS_18-029-0714.pdf)

U.S. Centers for Disease Control and Prevention

<http://www.cdc.gov/chikungunya/index.htm>



**Avoiding mosquito reproduction is as important as steering clear from their bites.**

## Do not have these around the house:

1. Inflatable/plastic unused swimming pools
2. Open water tanks
3. Pots/gardening containers
4. Bottles and cans
5. Abandoned pet water/food containers
6. Old tires
7. Open Water Drums
8. Abandoned toys
9. Flower pots with water dishes





## The Fort Buchanan Fire Department, Fire Chief wants you to know...

**Keeping doors and windows closed could save your home from spreading fires**

Keeping doors and windows closed is a simple way to prevent fire and smoke damage in your home. While our number one goal is to prevent fires on, statistics show that they will occur.

Like humans fire needs oxygen, heat, and fuel to survive. If one of these items is taken away the fire cannot survive. Likewise when excess amounts of oxygen, heat and fuel are available the fire will grow and spread until all of the elements are consumed. By keeping doors and windows closed you are confining the fire and taking away those elements it needs to survive.

History shows areas of the home with open doors, suffered severe fire and smoke damage; however the areas with closed doors had no or little fire damage and very little smoke damage. What starts as a small confined fire, quickly spread to the rest of the home due to the free flow of oxygen through the house.

While our priority is to prevent fires, if one does occur in your home or place of business you can prevent the fire from spreading by simply closing the door when exiting.

# FB Celebrates Independance Day



The Fort Buchanan Garrison hosted the Independence Day Celebration held at the Community Club facilities on 3 July 2014.





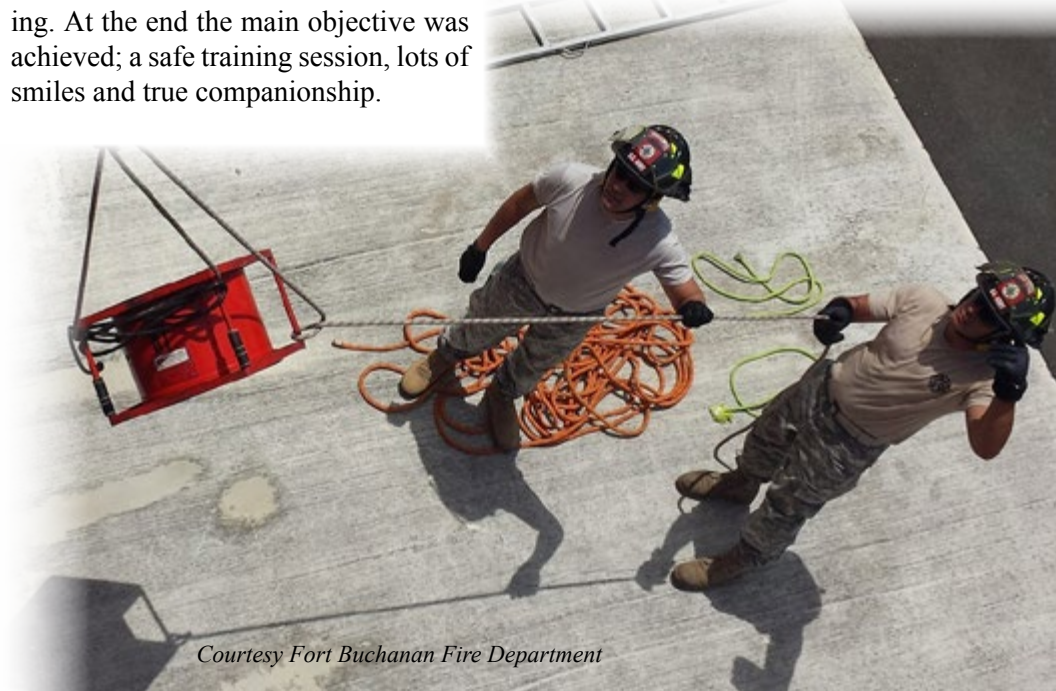
# FB Fire Dept. and PRANG Training

**Héctor Rivera**

*Fort Buchanan Fire Department*

The Fort Buchanan Fire Department assisted the Puerto Rico Army National Guard 215th Engineering Detachment Firefighters in accomplishing their required annual live firefighting evolution. The first ten days of training focused on basic skills that would lead them to their final evolution. During the training they were assigned fire apparatus and participated in several emergencies one being the hydraulic oil spill and the main gate. The programmed training session consisted in following all aspects in relation to the National Fire Protection Association standards on structural live firefighting. The live fire evolution gave the firefighters from the 215th Engineering Detachment the opportunity to demonstrate their gained skills to the Fort Buchanan and 215th Leaderships skills which included hose stretching, forcible entry, fire suppression, communications, command and control, vehicle positioning, ladder skills and safety in the fire ground. Another positive aspect of this five hour evolution was the ability to reinforce our great partnership with our friends and neighbors from the San Juan Fire Rescue Department, the Guaynabo Office of Emergency Management, MERT and the Caribbean Medical Ambulance (CMA) who provided assistance during the train-

ing. At the end the main objective was achieved; a safe training session, lots of smiles and true companionship.



*Courtesy Fort Buchanan Fire Department*



*Courtesy Fort Buchanan Fire Department*



*Courtesy Fort Buchanan Fire Department*



# Political Activity Guidance Reminder

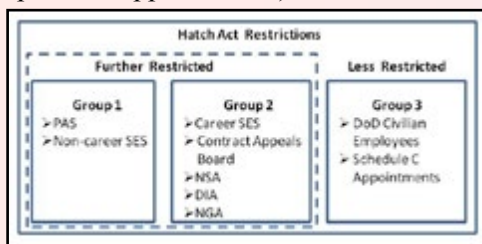
## Office of The Army General Counsel

It's an election year! During this election cycle all DoD personnel – military and civilian – should be mindful of the various limitations that exist when it comes to participation in political activity. A quick summary of the rules and links to substantive guidance are included in the information below.

### Civilian Employees

For DoD civilians, participation in political activity is regulated by a number of sources: the Hatch Act (5 USC 7321 – 7326), implementing regulations (5 CFR 733 and 5 CFR 734), as well as DoD policy. For purposes of the Hatch Act, political activity is defined as “an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group.” Importantly, application of the rules varies depending on an employee’s position or office. Thus, it is extremely important that employees know which rules to apply.

With regard to civilian employees at DoD, there are two sets of restrictions for three groups of employees. The first set of restrictions applies to: (1) individuals appointed by the President and confirmed by the Senate and individuals serving in non-career SES positions, who are further restricted by DoD policy; and (2) career members of the SES, contract appeals board members, and all employees of the National Security Agency (NSA), the Defense Intelligence Agency (DIA), and the National Geo-Spatial-Intelligence Agency (NGA). The second and more lenient set of restrictions, applies to all other employees (including Schedule C political appointments).



Employees in Groups 1 and 2 are prohibited from taking an active part in partisan political management or political campaigns and are referred to as “further restricted” employees.

Further restricted employees are expressly prohibited from participating in political activity. Specifically, further restricted employees are prohibited from engaging in any political activity which is “in concert” with a political party, partisan political group, or candidate for partisan political office. “In concert” activity is any activity that is sponsored or supported by a political party, partisan political group, or candidate for partisan political office. Prohibited activities also include soliciting or receiving political contributions. Further restricted employees may, however, express their personal opinions, make monetary contributions to a campaign, and attend, but not actively participate in, campaign events or fundraising functions sponsored by candidates for partisan political office or political parties. Partisan Political Activity Rules for “Further Restricted” DoD Civilians.

Less restricted employees (Group 3), while in their personal capacities, may volunteer with a political campaign or political organization. Examples of permitted volunteer activities include: organizing political rallies and meetings, making phone calls on behalf of a candidate, serving as a delegate to a party convention, and working for a political party to get out the vote on Election Day. These employees are, however, prohibited from soliciting or receiving political contributions. Partisan Political Activity Rules for “Less Restricted” DoD Civilians.

Regardless of whether a civilian employee is further restricted or less restricted, he may never engage in political activity while on-duty or in a Federal building. This means that employees may not send or forward politi-

cal emails, post political messages to their Facebook page or engage in political tweeting while in a Federal building (including when off-duty), even if the employee is using his personal smartphone, tablet, or computer. Employees should never use government equipment when engaging in political activities. The attached Office of Special Counsel Press Release illustrates these issues.

### Active Duty Military

The primary guidance concerning political activity for military members is found in DoD Directive 1344.10 [Guidance for Military Personnel]. Per long-standing DoD policy, active duty personnel may not engage in partisan political activities and all military personnel should avoid the inference that their political activities imply or appear to imply DoD sponsorship, approval, or endorsement of a political candidate, campaign, or cause. Members on active duty may not campaign for a partisan candidate, engage in partisan fundraising activities, serve as an officer of a partisan club, or speak before a partisan gathering. Active duty members may, however, express their personal opinions on political candidates and issues, make monetary contributions to a political campaign or organization, and attend political events as a spectator when not in uniform.

### Social Media

Civilian and military personnel may generally express their personal views on public issues or political candidates via social media platforms, such as Facebook, Twitter, or personal blogs, much the same as they would be permitted to write a letter to the editor of a newspaper. If, when expressing a personal opinion, personnel are identified by a social media site as DoD employees, the posting must clearly and prominently state that the views expressed are those of the individual only and not of the Department of Defense.

**See *Political Activity*  
Page 17**

# ATTENTION RETIREES

## RETIREE APPRECIATION DAY

**WHEN? 22 AUG 2014**  
**0900-1200**

**WHERE? RAMOS HALL, 1ST MSC**  
**HEADQUARTERS BUILDING**

**EACH YEAR WE ARE PROUD TO HOST THE RETIREE APPRECIATION DAY FOR ALL RETIREES AND THEIR FAMILIES. THIS IS A GREAT OPPORTUNITY TO RECOGNIZE OUR RETIREES IN PUERTO RICO FOR THEIR MANY YEARS OF SELFLESS SERVICE TO OUR GREAT NATION. REMAIN STRONG! PLEASE CONTACT THE RETIREMENT SERVICES OFFICE AT (787) 707-3546**

## Upcoming Events

**Labor Day 1 Sep**

**Patriot's Day 11 Sep**

**National Hispanic Heritage Month**

**Suicide Prevention Week 8-14 Sep**

**Fort Buchanan observes Antiterrorism Awareness Month**

**Proclamation Signing**  
**4 August 2014**

**Antiterrorism/Security Symposium**  
**26 August 2014**

### *Political Activity* From Page 17

As previously noted, however, active duty military members and further restricted civilian employees are prohibited from participating in partisan political activity. Therefore, while these employees may “follow” “friend” or “like” a political party or candidate running for partisan office, they may not post links to, “share” or “re-tweet” comments or tweets from the Facebook page or twitter account of a political party or candidate running for partisan office.

Such activity is deemed to constitute participation in political activities. Social media guidance for military members [FAQs Political Activities and Members of the Armed Forces] and civilian employees [Social Media and the Hatch Act] offers advice on how to avoid violating the rules.

Service members must also be careful not to comment, post, or link to material that violates the Uniform Code of Military Justice (UCMJ) or Service regulation. Examples include showing contempt for public officials, releasing sensitive information, or posting unprofessional material that is prejudicial to good order and discipline under the UCMJ.

For more information on the Hatch Act, DoD personnel should contact their local legal office and military members looking for guidance on DoD Directive 1344.10 should contact their local JAG office.

General guidance on the Hatch Act may be viewed at the U.S. Office of Special Counsel website at [www.osc.gov](http://www.osc.gov).



# HEALING YOUR RELATIONSHIP

**Wilda Diaz**

*FAP Manager & Victim Advocate*

“Learn to appreciate what you have...before times teaches you to appreciate what you had” -author unknown

Do you remember how you felt when you first met your love one? Can you recall the feeling of having “butterflies” in your stomach? Well, the fluttering is really the interest, the desire to know, and to be close to that person that attracts you. At first, you tend to like everything about him/her. You like his/her favorite music, movies, hobbies, lifestyle, and the list goes on. But, sometimes –many times perhaps--it happens that when we search for love, we may find someone who may be completely different from us. And believe me; those “butterflies” could soon enough feel like “bats” trying to fly off.

But, if you are already married or committed to heal and save your relationship, there are solutions to your wounded relationship. The first step is communication: this is a key element in every relationship as it allows us to share interests, aspirations and concerns, to support each other, to organize our lives and make decisions, and to work together as a team. Good communication is about the way we talk and listen, and about our body language. We can all learn how to improve the way we communicate. The second

step is acceptance: you must accept that person as he/she is (unless he/she is abusive toward you and/or others). Trying to change your love one will be very difficult because we cannot change anyone. The only thing you can change is how you approach him/her. Again, this can be accomplished through effective communication. We must talk to each other. No matter how well you know and love

each other, you cannot read your partner’s mind. We need to communicate clearly to avoid misunderstandings that may cause hurt, anger or confusion. Involving your partner in your decisions is also part of a healthy relationship.

It is important to remember that you love him/her even when you are angry. Remember that the ‘anger moment’ will pass. And if you are wise, your relationship will prevail. Therefore, be respectful, sensitivity, and empathetic when talking to your significant

other. Again, use active listening skills. Ask for clarification when in doubt of what message (that sometimes is hidden) your love one is trying to send to you. This can minimize and perhaps eliminate frustrations and future conflicts. And even if you are tempted, avoid criticizing or judging.

When you are going through rough times in your relationship (and who does not

goes through difficult moments at times?)- avoid asking for too much space unless you are an “Astronaut”. Asking for time to think and clear your mind --before you say hurtful things to your love one—is recommended and beneficial. But, walking away in a disrespectful manner from the conversation and/or asking for a prolong time out or break can permanently hurt the relationship. If you and your partner cannot solve conflicts alone, then, it is time to look for counseling services from available resources (i.e., Family Advo-

cacy, Chaplain Office, Military One Source, Military and Family Life Counselors, Mental Health Providers).

Evade blaming your partner; instead work together as a team to find a happy-medium or win-win situation through negotiation. You could think of your relationship as if you had a partnership with your significant other. All people that I know who owns a business does not want to fail or end up on bankruptcy. They give their best and invest lots of energy to make their business a successful enterprise. You as well have placed so much energy and time in this relationship since the very first time you met him/her. Do you remember all your efforts to gain her/his love and trust? And if you still remember the “butterflies” in your stomach, then there is hope. Do not allow them to turn into “bats” trying to fly off. But, if you have failed in your past relationship, you can always apply this information to save your future one. We all can learn from past mistakes.

If after reading this article you choose that you need to learn new skills or refresh the old ones, call the Family Advocacy Program (FAP) at 787-707-3709 or write to [wilda.l.diaz.civ@mail.mil](mailto:wilda.l.diaz.civ@mail.mil). We can provide you with necessary tools for your “Relationship/Marriage Tool Box.”



*“Millions and millions of years would still not give me half enough time to describe that tiny instant of all eternity when you put your arms around me and I put my arms around you.” – Jacques Prévert*

# CLDP 4 Class of 2014 Ready to Launch

**Grissel Rosa**

*Public Affairs Officer*

On July 11, 2014 at General Buchanan's Conference Room the new Civilian Leadership Development Program (CLDP) Class #4 of 2014 was officially introduced to the Garrison leadership and staff. The class is comprised of: Gregorio Brown, Carlos Guzmán and Joe Ortega from the Directorate of Public Works (DPW); Lt. Alfredo Aponte, Cpt. Tomás Acosta, and Fire Chief Joe Baker from the Directorate of Emergency Services (DES); Orlando García and Alberto Orellana from the Directorate of Human Resources (DHR); Irma A. Muñoz, Luis Pérez, and José Rodríguez from the Directorate of Family, Morale, Welfare and Recreation (DFMWR); William Latimer – Installation Legal Office (ILO), Raúl Rodríguez – Directorate of Plans, Training, Mobilization and Security (DPTMS) and Alcides Vélez – Resource Management Office (RMO).

The members of this CLDP class, who are all supervisors, received a challenge from Fort Buchanan's Garrison Commander, Col. Caryn S. Heard, Garrison Commander, to set aside everything they have learned and "keep an open mind. We are going to challenge you in different ways. We have to make Fort Buchanan relevant in our professional development, learning process which in turn results in progress to the organization."

Command Sgt. Maj. Luis A. Rosario Vélez, Garrison



Command Sergeant Major, echoed Col. Heard's words indicating the students to "keep an open mind. Leave your ego at the door and stay humble. Be sure you will learn something."

Asked on why they were either selected or applied to be a member of CLDP, the Class of 2014 said:

*"Know each other better to conduct networking."* – Raúl Rodríguez, DPTMS

*"I don't know but I'll find out along the course."* – Alberto Orellana, DHR

*"I'm excited about networking."* – Chief Joe Baker, DES-Fire Department

*"I'm not sure but the course will help me to find out."* – Cpt. Tomás Acosta, DES-Police

*"This will help me get the tools to work in an Army*

*base."* – José Rodríguez, DFMWR

*"By being here, I will learn how to manage additional duties and mitigate communication problems."* – Carlos Guzmán, DPW

*"I like challenges to develop my trade."* – Luis Pérez, DFMWR

*"I would like to develop*

*teambuilding."* – Alcides Vélez, RMO

*"This is an interesting experience with students with a lot of military and civilian experience."* – William Latimer, ILO

*"This will be challenging, learning a lot."* – Irma A. Muñoz, DFMWR

*"I am very interested in the training."* – Lt. Alfredo Aponte, DES-Police

*"Happy to be here and have the opportunity to increase my knowledge and learn more about the organization."* – Orlando García, DHR

*"This is the first time I've been given the opportunity to grow as a supervisor and I will do my best to learn a lot."* – Gregorio Brown, DPW



Members of CLDP Class 3 "Transformers" shared impressions with CLDP Class 4 students on 18 July 2014.  
Photos by José L. López/PAO





**Speak Up!**

**A VOICE  
UNHEARD  
IS AN ARMY DEFEATED**

**Office number: 787-707-3841/3518**

**24/7 Sexual Assault Help line: 787-406-4222**

[www.PreventSexualAssault.army.mil](http://www.PreventSexualAssault.army.mil)

DoD Safe Helpline: 1-877-995-5247



LOYALTY

DUTY

RESPECT

SELFLESS SERVICE

HONOR

INTEGRITY

PERSONAL COURAGE

**Fort Buchanan Community**

# **9/11 Service of Remembrance**

**Location: Fort Buchanan Chapel**

**Time: 12 Noon**

**Speaker: Chief Joseph R. Baker,  
Fort Buchanan Fire  
Chief**

**Religious Services Office  
787 707 3405 Office  
787 244 4981 Cell**

**GOLD STAR PINS  
SYMBOLS OF HONOR**

**REMEMBER  
RESPECT  
HONOR**



[www.GoldStarPins.org](http://www.GoldStarPins.org)